

## Grab and Go Breakfast (6-12) Menu

## August/September 2012

All breakfasts are FREE. Full student breakfast includes choice of entrée, 1 fruit choice & choice of 1% or skim white milk.

Monday	Tuesday	Wednesday	Thursday	Friday
8/27	28	29	30	31
Assorted Whole Grain	Turkey Sausage & Egg	Whole Wheat Bagel w/	Egg & Cheese Sandwich	Whole Grain Maple
Muffins	Sandwich on a Whole	Reduced Fat Cream	on a Whole Wheat	French Toast Sticks
Hard Boiled Egg	Wheat English Muffin	Cheese	English Muffin	
Applesauce Cup	100% Orange Juice	Local Pear	Fresh Banana	Chilled Peaches
9/3	4	5	6	7
,	Whole Wheat Bagel w/	Turkey Ham, Egg &	Fresh Baked Whole	Whole Grain Cinnamon
	Reduced Fat Cream	Cheese Sandwich on a	Grain Peach Muffin	Raisin Oatmeal Bowl
	Cheese	Whole Wheat Bagel	Square	
Lalam Da			Yogurt Cup	
Labor Day				
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10	100% Orange Juice	Local Pear	Fresh Banana	Chilled Peaches
Whole Wheat Bagel w/	Turkey Sausage & Egg	Whole Grain Maple	Cheesy Scrambled Eggs	Egg & Cheese Sandwich
Reduced Fat Cream	Sandwich on Whole	French Toast Sticks	Whole Wheat Biscuit	on a Whole Wheat
Cheese	Wheat English Muffin	Tremen rouse science	Willow Wilear Biscare	English Muffin
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Applesauce Cup	100% Orange Juice	Local Pear	Fresh Banana	Chilled Peaches
17	18	19	20	21
Savory Chicken	Whole Grain Breakfast	Turkey Ham, Egg &	Fresh Baked Whole	Whole Grain Cinnamon
Sausage on a Whole	Bar	Cheese Sandwich on a	Grain Blueberry Muffin	Raisin Oatmeal Bowl
Wheat Biscuit	Yogurt Cup	Whole Wheat Bagel	Square	
			Graham Crackers	
Applesauce Cup	100% Orange Juice	Local Pear	Fresh Banana	Chilled Peaches
24	25	26	27	28
Turkey Ham, Egg &	Whole Wheat Bagel w/	Turkey Sausage & Egg	Whole Grain Maple	Egg & Cheese Sandwich
Cheese Sandwich on a	Reduced Fat Cream	Sandwich on a Whole	French Toast Sticks	on a Whole Wheat
Whole Wheat English	Cheese	Wheat English Muffin		English Muffin
Muffin				
Applesauce Cup	100% Orange Juice	Local Pear	Fresh Banana	Chilled Peaches
Daily Alternate Options				
Available daily: Assorted whole grain cereals, assorted fresh fruits*.				
*The cereal alternate is served with graham crackers. Students have the choice of either juice or cupped fruit or fresh fruit.				

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